



Inner Explorer PD promotes the understanding and growth for all adult learners. It enables them to simultaneously learn and develop the habits of mind that create the foundation for all learning (high expectations) and promotes the compassion of a safe and effective classroom. Practicing mindfulness enables adult learners to develop self-awareness. They consciously witness both their own patterns of behavior and how those behaviors influence others. Inner Explorer's program has been shown to foster empathy because recognition of feelings and emotions develops into positive student to student, student to teacher, and teacher to teacher relationships. Teachers can engage in mini practices throughout the day, using the short Transition and Sound practices on the program platform. The program also includes practices like "Body Scan" which is a grounding practice that builds awareness to body senses, and "Comfortably Quiet" which offers students and teachers increasing times of silence (with limited narration). This helps participants' experience mindfulness without the support of the audio-guided program. Many of the practices include suggestions for how to apply the skills to other situations at school and at home. These approaches make it more likely that teachers and students will use the skills inside AND outside the classroom.

Both teachers and students are "learners" with the Inner Explorer program. The 'lessons' are learned/experienced as a direct result of personal/individual exploration of the self. The audio guided narrator is the "teacher", while the educators and students practice and learn mindfulness tools together. After a few months of daily mindfulness practice, most teachers and students use the various skills without prompts because they are familiar with how their emotions arise. They get a sense awareness (maybe tightness in the belly, or a clenched jaw) before cognitive awareness. This is a key reason daily mindfulness practice is so powerful. Emotions emerge in the body first, and familiarity with those senses is what leads to experiential understanding. The deep understanding is what drives the change in behavior. This what Viktor Frankel, neurologist, psychiatrist and holocaust survivor referred to when he said: "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." Mindfulness gives rise to the space.

While the program is simple to implement, the direct experiences fostered through the daily practice can accelerate a deeper understanding of one's self and may increase the desire to learn more and share with others. To foster this momentum, Inner Explorer provides ample tools and extension exercises for the curious educators who may want more background or context, and for the seasoned educators who may want to extend the practices into more parts of the day. The online teacher toolkit provides information on implementing the program, the research base and FAQ's. While additional topic specific content is continually developed based on the needs of educators. Teachers who attend our Professional Development will be provided a 21-day daily program. This initial experience will provide the teacher or administrator or counselor with resources as well as practice touches. There is a star rating after each session and an

opportunity to provide feedback via a note. Each session ends with a person reflection and time to write or journal.